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TAKING FLIGHT ON THE VS CATWALK

ELSA HOSK ON MODELING, ADVOCACY AND MORE. PAGE 12

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Cop dogs. A cop and dog lover work to train abandoned German shepherds to help the police. PAGE 02

Coaching the cream of the K-9 crop

Winchester, a 5-year-old German shepherd, trained by Throw Away Dogs. / CHARLES MOSTOLLER, METRO

Upper Darby chief says cops must serve all

PAGE 04

Leo DiCaprio shows off by taking home 20 girls

PAGES 10-11

How to invent the next 'Elf on the Shelf'

PAGE 15

Cataldi: Eagles can't win title this year

PAGE 18

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1 'VIDEO: Man promises to be eaten alive by an anaconda on TV, doesn't deliver'

2 'Victoria's Secret model, Elsa Hosk talks lingerie, men and more'

3 'Got an extreme hangover? There is a cure — in a needle'

On the go

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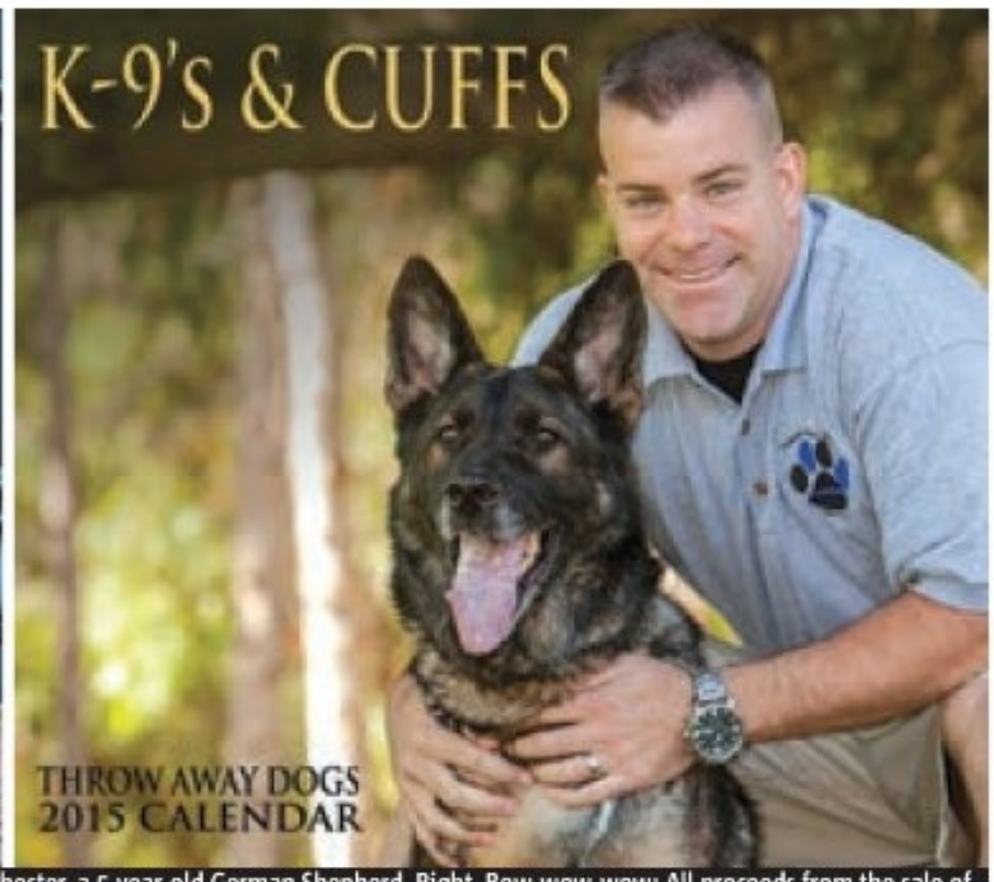

Left, Jason Walters and Carol Skaziak, co-founders of Throw Away Dogs, with K-9 Winchester, a 5-year-old German Shepherd. Right, Bow-wow-wow: All proceeds from the sale of Throw Away Dogs 2015 calendar, K-9's & Cuffs, go toward funding the nonprofit canine academy. / CHARLES MOSTOLLER

Throw Away Dogs gives pups a new purpose

Philadelphia. A new local nonprofit is dedicated to training strays to be police K-9s.

If teaching an old dog new tricks seems difficult, then try teaching a stray one.

Just ask Jason Walters, a SEPTA cop and co-founder of Throw Away Dogs, a local nonprofit created to train strays to become police dogs.

"You don't know what they've been through," Walters said. "The dog could have been teased or taunted."

As the handler for K-9 Winchester, a German shepherd that came straight to K-9 training from a shelter, Walters speaks from experience.

"You can't kennel them, because all they want to do is get away from fencing." he said. "Once they get into a home and can roam around, they start to calm down."

Walters co-founded Throw Away Dogs with pet hotel worker Carol Skaziak earlier this year to help abandoned dogs find new lives as police dogs.

Out of 8,000 dogs who entered Animal Care and Control Team of Philadelphia shelters this year, 43 were German shepherds.

"Shepherds don't do well in shelters at all," Skaziak said. "Some dogs come to us completely distraught."

Out of 155 dogs currently at the Philadelphia PSPCA shelter, only seven are German shepherds.

"German shepherds tend to find placement quickly," said PSPCA Humane Enforcement Sgt. Nicole Wilson. "But anytime that someone is looking to take a homeless animal and provide it with the training and care that it needs, it is a good thing."

But training a K-9 is a tough process. Only two Throw Away dogs completed training at the level where they could apply for K-9 work — and only one dog obtained its certification and got work in Maryland.

Throw Away Dogs just released a 2015 K-9's and Cuffs calendar with pictures of K-9s which have distinguished themselves in the line of duty. They hope to train more dogs, all of which will be donated to departments in need. All proceeds from the calendar's sales benefit the organization and its mission.

"If we can save one police dog a year and adopt out four other dogs to families, we consider that a success," Walters said.

Visit **Metro.us** for the scoop on retraining rescue dogs.

Quoted

"We're looking for dogs with a great nose."
Walters

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sam.newhouse@metro.us

Nor'easter. Meteorologists expect sloppy conditions all week long

Messy conditions at Jewelers Row / FILE PHOTO

The Nor'easter descending upon the Philadelphia area this week will make for some messy commutes.

The storm, which started Monday afternoon and will last until Thursday evening, will bring heavy rains Tuesday and may cause flooding, said meteorologist Mitchell Gaines of the National Weather Service.

Wednesday and Thursday have a 50 percent chance of snow and rain. While the accumulation estimation doesn't look substantial, that could change as the week rolls forward, Gaines said.

TOMMY ROWAN

Shutout

Dick Allen falls one vote shy of Hall of Fame

Dick Allen struck out.

Allen, who won the National League Rookie of the Year award in 1964 for the Fightin' Phils, fell just one vote shy Monday of being elected to the National Baseball Hall of Fame.

The 72-year-old, who played with the Phillies for nine of his 15 major league seasons, was one of 10 Golden Era players considered for enshrinement.

With 16 panelists, Allen and his cohorts required 12 votes to get a plaque in the Cooperstown, New York, museum. Both Allen and former Minnesota Twin Tony Oliva earned 11 votes, but none were awarded enshrinement.

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South Jersey

Man charged after woman's body found in trunk

Police charged Jesus Garcia, 41, of Philadelphia, on Monday with "concealing a body" after they found a dead woman in the trunk of a car outside a South Jersey hotel.

The unidentified victim was reported missing Sunday. Police tracked her car using its OnStar GPS system to a Quality Inn Hotel in Maple Shade, New Jersey, where they found Garcia in possession of the car. METRO

Jesus Garcia, 41 / COURTESY

Upper Darby police chief says police are not racist

Backyard. As Philly Police Chief Charles Ramsey heads to D.C., local cops reflect on recent unrest.

Police monitor demonstrators who gathered in Philadelphia last week. / GETTY IMAGES

For Michael Chitwood, superintendent of the Upper Darby Police Department, there is no uncertainty. It's still a police officer's sworn duty to protect and serve the whole community.

"No matter what your economic background ... police want to provide people with the quality of life they deserve," Chitwood told Metro. "It doesn't matter if you're white, you're black, purple, yellow, if you're committing a crime, we're gonna lock you up."

A call for change has swept the country after grand juries in Ferguson, Missouri, and Staten Island, New York, declined to indict officers accused of killing unarmed black men.

Quoted

"It doesn't matter if you're white, you're black, purple, yellow, if you're committing a crime, we're gonna lock you up."
Chitwood

"If there are ways to improve our interaction then I'm all for it," said Chitwood, who has 50 years of experience, "but I totally reject the characterization that police are racist and go out there to hurt members of the black community."

Last week President Barack Obama tapped Philadelphia Police Commissioner Charles Ramsey to lead a task force on 21st century policing.

Locally, chiefs and advocates expressed opinions on how to improve the perception of police oppression and use of excessive force.

Chitwood said he would have no problems buying body cameras and training more officers in crisis intervention techniques.

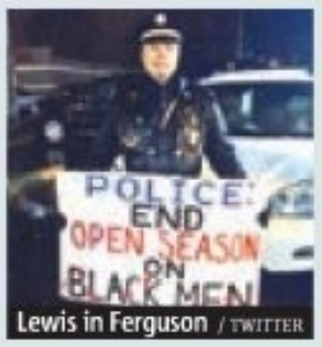
"Most cops are hard working and take their jobs seriously," he said, "but all you need is one incident and you get caught in what we see today."

TOMMY ROWAN
@tommyrowan
tommy.rowan@metro.us

New York

Former Philly cop arrested in protest

Retired Philadelphia Police Captain Ray Lewis, who repeatedly protests in full uniform, was arrested over the weekend at a New York City protest for Eric Garner. Lewis says the police system is corrupt and oppresses all races.



Lewis in Ferguson / TWITTER

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Fund for kids of mom slain in twisted killing reaches $15K

Central Pa.
Fundraising will help family of victim in necrophilia murder.

Padgett / PROVIDED

A GoFundMe page reached its goal of $15,000 on Monday to support the three children of a woman who was murdered last month, and then increased its goal to $20,000.

Jessica Padgett, 33, a beloved day care worker from Whitehall, outside Allentown, disappeared on Nov. 21.

Friends and authorities searched for days for Padgett before her body was discovered on the property of her stepfather, Gary Graf, 54, who is now charged with her murder. Her mother was out of town at the time.

Prosecutors said at a hearing last week that Graf videotaped himself having sex with Padgett's corpse after he fatally shot her in the head and that they believe necrophilia was the motive for the murder, The Morning Call reported.

Graf was an avid sportsman. His Facebook page was filled with pictures of trophy bucks and of himself hunting, fishing and posing with various guns.

Authorities found a marijuana-growing operation on his seven-acre property when they discovered Padgett's body. Graf pleaded guilty in 1995 to possessing 10 pounds of marijuana.

He will face charges of abusing a corpse, as well as homicide, Northampton County prosecutors said, but won't face the death penalty.

The GoFundMe account was started by Padgett's friends to help her husband and mother cover the cost of living expenses for Padgett's children.

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Security measures taken by US ahead of torture report

White House. A spokesman said the administration welcomed the release of the report.

A man holds a poster as he protests outside the White House. / GETTY IMAGES

Graphic details about sexual threats and other harsh interrogation techniques the CIA meted out to captured militants will be detailed by a Senate Intelligence Committee report on the spy agency's anti-terror tactics, sources familiar with the document said.

The report, which the committee's majority Democrats are expected to release today, describes how senior al Qaeda operative Abdel Rahman al Nashiri, suspected mastermind of the 2000 bombing of the U.S.S. Cole, was threatened by his interrogators with a buzzing power drill, the sources said. The drill was never actually used on Nashiri.

In another instance, the report documents how at least one detainee was sexually threatened with a broomstick, the sources said.

Preparing for a worldwide outcry, and possibly even violence, from the publication of such graphic details, the White House and intelligence officials said on Monday they had taken steps to shore up security of U.S. facilities worldwide. **REUTERS**

Quoted

"There are some indications that ... the release of the report could lead to greater risk that is posed to U.S. facilities and individuals all around the world."

Josh Earnest,
White House spokesman

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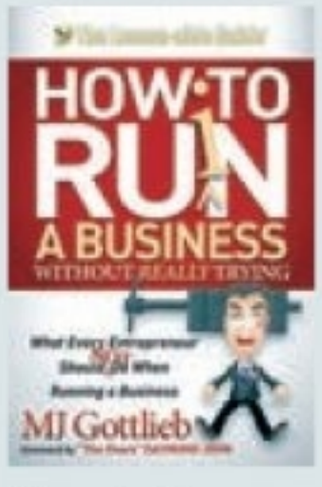
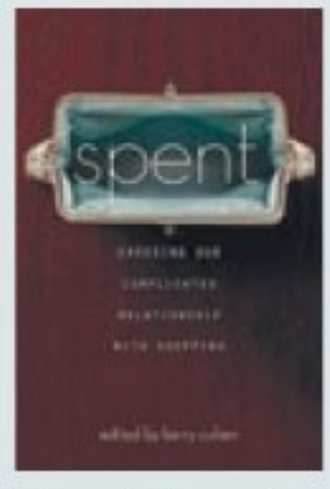


'How to Run a Business Without Really Trying'

By MJ Gottlieb
If you feel like the odds are stacked against you, this book will pump you up. Entrepreneur MJ Gottlieb exposes his business failures so you can learn from them and become a successful entrepreneur in your own right. He shows how many successful people have suffered through bankruptcies and other failures but managed to get back on top.

'Pocket Man'

By Scott Jordan
This unauthorized biography of SCOTTeVEST CEO Scott Jordan shows what it's really like to quit your day job to pursue an idea you hope will make you millions. Jordan was a regular guy with a regular job until he appeared on "Shark Tank," hoping his idea of selling clothing made to help people carry their tech devices more easily would pay off. And it did, earning him a whopping $50 million. This book shows how he did it, and the secret to coming up with your own $50 million idea.



'Spent: Exposing Our Complicated Relationship with Shopping'

By Kerry Cohen
If you don't like books doling out advice, use this book of personal essays to learn from others' mistakes. In "Spent," women expose their spending habits, whether it's shopping to heal a psychological wound, make them feel less lonely or celebrate an accomplishment. Seeing what others' spending triggers are will make you more aware of your own.

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Timothy Sykes is a millionaire stock trader and entrepreneur.

Holiday gifts that are worth the money

What do you get that special someone with all your hard-earned money? As a multimillionaire, my family and friends have gotten used to me spoiling them, but even if you're not rich, you can get the best gifts for your loved ones. Here are three that are worth the money.

Gift No. 1: Khan Academy

Sign someone up for Khan Academy, a Website with thousands of free video lessons on every subject. In terms of what can change someone's life the most, education — whether it's free or paid for — should be at the top of everyone's list. Sure, everybody wants the latest gadget, smartphone, TV or fashionable accessory, but dare to rise above our materialistic society and show the people you truly care about that the gift of knowledge is far more important and lasting.

Gift No. 2: TIMalerts

My original stock market newsletter, "TIMalerts," is $49.95 per month, and with it you get access to my real-time stock trading alerts (I'm up nearly 175 percent in 2014, my best year ever), daily watch lists and market commentary, a chat room with more than 500 traders and, most importantly, my video lesson library that now has over 2,300 lessons in trading on the stock market, including penny stocks. I already have a few millionaire students, but I want more; to get there you need to study your butt off. My idea of a great party is sipping cocktails at sunset on the Amalfi Coast in Italy with friends and family, but it takes knowledge to get there.

There are so many well-reviewed movies out right now, including the new release "Wild" — I have a lot of catching up to do!

My New York Knicks stink, my New York Giants stink, my Notre Dame football stinks and my UConn men's basketball team stinks. It's rough for me right now.

Gift No. 3: Udemy

Udemy has more than 20,000 courses taught by professionals and experts in all sorts of fields, such as music, computer coding and art — almost anything you can think of.

I know my list of three educational Websites is not what you were expecting, but I think education is the single most underutilized tool today and giving its gift to others can help them earn more money. Hopefully I can help you realize that the Internet revolutionizes education and will truly change our society as more and more people embrace it.

For exclusive commentary, visit **Metro.us/blogs.**

What Sykes likes this week

1 *The U.S. stock market just keeps hitting new highs every few days. Embrace the bull market!*

2 *With multiple police controversies now, many U.S. citizens are protesting, mostly peacefully, which is their right.*

3 *I love the holiday season, from the music to the marketing to the family feasts that make me fat!*

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2

CULTURE

THE WORD

Ned Ehrbar takes on the world of gossip.

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1 Some Big Apple tourist traps we suggest William and Kate avoid

The British are here! The British are here! The Duke and Duchess of Cambridge — who will always be Prince William and Kate Middleton to me, sorry — are, like countless tourists this month, in New York to see the sights. And while it's too late to avoid them hitting up the Empire State Building — baby, it's cold up there — we still want to save them some time and grief with advice about which tourist traps they should avoid.

'Cabaret' on Broadway
Or whichever bar Shia LaBeouf was drinking at before going to see "Cabaret." That does not end well.

Guy Fieri's restaurant
While the horrendous menu at Guy's American Kitchen & Bar might be the most American thing in the world, we really think the Royals would be doing themselves a favor by passing up a chance to sample the Guy-talian Nachos or anything with "donkey sauce."

Those damn Cronuts
Speaking of food, the signature pastries at Dominique Ansel's bakery? Not worth the wait. Plus, they're pretty French, so our British guests would probably want to avoid them anyway.

Hot Bird, or any other Brooklyn bar currently enforcing a ban on babies
While Prince George is sitting this trip out, it would look like a betrayal to fellow parents if Kate were to cross the stroller-choked picket line.

Taylor Swift's Tribeca loft
William and Kate already have a good idea what a mob of paparazzi looks like, and they shouldn't buy into the "NYC Welcome Ambassador" nonsense. Swift is hardly the best person for the job, after all.

ALL PHOTOS GETTY IMAGES

2 Leonardo DiCaprio should maybe pace himself in Miami

While he's never been shy with the ladies before, Leonardo DiCaprio is apparently looking to rack up some Wilt Chamberlain-style numbers while attending Art Basel in Miami. The reigning Hollywood bachelor of the post-Clooney world stopped by a party over the weekend and "left with 20 girls," a very impressed source tells the New York Daily News, adding, "Leo and 20 girls. He is my hero." The source also mentioned this: "His face was hilarious."

3 Taylor Swift shakes off same-sex rumors

Congratulations, Taylor! You've reached the lesbian-rumor stage. Sources say Swift and model Karlie Kloss are more than friends, saying photos show the pair making out in the balcony at a concert. Or they could've just been trying to talk during a concert.

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4 Diddy puts Drake in the hospital

Drake is known for "starting from the bottom," and for a second he was back there after a deft blow from no less than Diddy on Monday morning. According to TMZ, the rappers got into a brawl outside a Miami night club over money or women or some combination of the two. As it happens, this isn't Drizzy's first time getting into a fight over a woman; the rapper exchanged blows and likely general smack talk with fellow entertainer Chris Brown over Rihanna in the summer of 2012. DJ Sam Sneak spoke out about the altercation on Twitter, saying Drake had dislocated his shoulder and that it wasn't about Cassie, his girlfriend.

MATTHEW LEE

Daily video

YOUTUBE, SCREEN JUNKIES

'Love Actually' gets the Honest Trailer treatment

Maybe "Love Actually" peaked last year — its 10th anniversary — as a beloved holiday favorite, because I've started to notice more than a little backlash against the mega-rom-com. Case in point: The Richard Curtis film finally gets an honest trailer from the good folks at Screen Junkies. And sure, they have a point about "Love Actually" being kind of responsible for "Valentine's Day" and "New Year's Eve" and the like. And the female characters do deliver a lot of food. And the plot lines are kind of creepy and depressing. Still, it's Christmas!

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Get to know Victoria's Secret model Elsa Hosk

Interview. Meet her before the big show airs tonight at 9 p.m. on CBS.

OUT OF HER WAY! GETTY IMAGES

You might know Elsa Hosk as the Victoria's Secret model who smacked Ariana Grande with her wings during the 2014 runway show in London.

But there's more to her than that.

"My dad is such a goof. He sent pictures of me to modeling agencies in Sweden," reveals Hosk back stage during the Victoria's Secret show in London, which airs tonight at 9 p.m. "It's a little frustrating because he takes so much credit for my success. I'm like, 'Dad!' but I'm totally happy about it."

The 26-year-old Swede with golden locks has walked for Victoria's Secret since 2011.

Hosk's modeling ability ended up eclipsing her first dream: playing in Sweden's women's basketball league.

It's a sport she still misses. "Every time I pass a basketball court, my hands are like 'ahhh,'" she says, twitching her fingers to demonstrate.

Now based in New York, the Stockholm native dedicates her time away from modeling to working with FAIR Girls, a nonprofit helping victims of female exploitation such as sexual abuse and trafficking. It's a group she discovered after watching the hard-hitting movie "The Whistleblower," which examines sex trafficking in Bosnia.

"I was like, 'Oh my God' after seeing that," she says. "It was so heartbreaking."

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Miriam Toews writes from the heart in powerful new novel

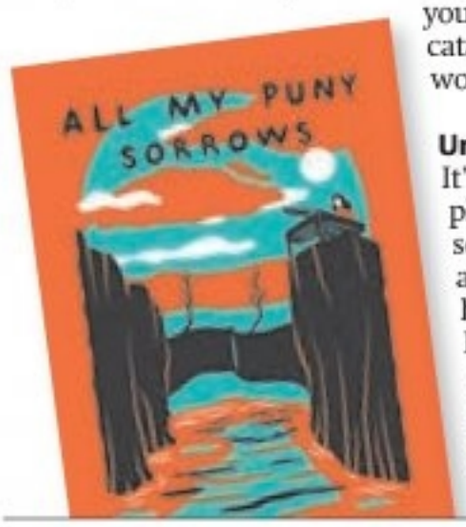
Bittersweet. "All My Puny Sorrows" is the author's most intimate book yet.

"All My Puny Sorrows" is Miriam Toews's seventh book. / CAROL LOEWEN

Best-selling author Miriam Toews is not known for breezy reads. Her books ask big questions and her latest novel, "All My Puny Sorrows" is no exception. In the book, Yolandi, a divorced mom of two, rushes to her sister Elfrieda's bedside when she is hospitalized after a suicide attempt. The sisters have already lost their father to suicide, and Elfrieda, who is a famous pianist, has her mind made up to be a successful suicide as well. Will Yolandi help her sister die, or will Elfrieda die alone?

Art imitating life

The book mirrors Toews's own life: Her father and sister both committed suicide. "After my sister died, I didn't write anything for two years. I was grieving in every respect," Toews says. "But as time passed, it became clear to me that I would have to write about this, because that's what I do; I take the events in my life and fictionalize them."



What would you do?

Besides addressing dark themes such as suicide, depression and mental illness, Toews says at its heart, the book is about survival, forgiveness and love. "What do you do when someone you love wants to die? And how do you survive that kind of catastrophic loss?" she wonders aloud.

Understanding suicide

It's hard for most people to comprehend something as tragic as suicide, but Toews hopes her book will help people see that the psychic pain suicidal people feel is just as real as physical pain. "If we can come to that understanding, we might be less severe and less resistant to talking about suicide," she says. Toews says writing about the book helped her understand suicide better and let go of some of the bitterness, anger and guilt she was feeling. "You can't live with those emotions, or they will destroy you," she says.

A second goodbye

The end of the book is bittersweet for the reader, after such an intense journey with the characters, and for Toews, finishing writing it was bittersweet as well. "Writing it was a way of keeping my sister alive, so coming to the end of that meant another grieving process in a way," she says. But it's perhaps through Toews's great loss that she can show others how to live.

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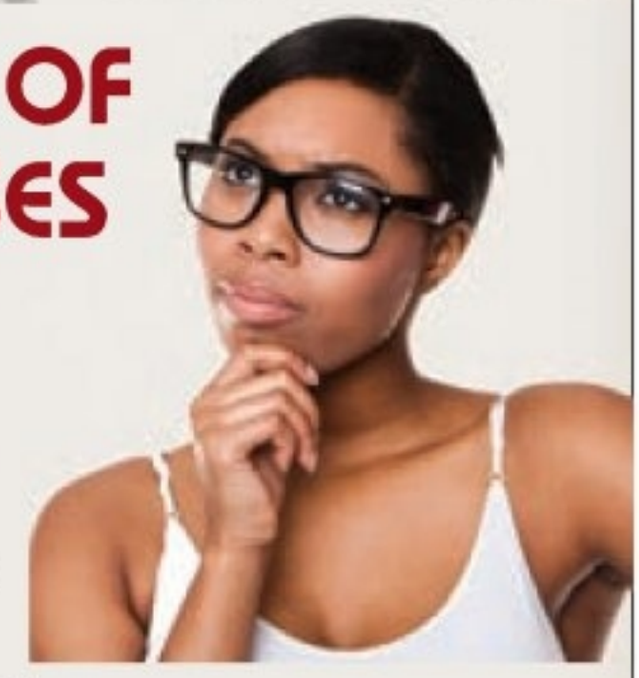

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A secret winter wonderland

Christmas. Who knew? Pittsburgh is pretty charming over the holidays.

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The pop-up holiday market in Market Square is a popular spot for buying gifts — and maybe a souvenir or two for yourself. / PITTSBURGH DOWNTOWN PARTNERSHIP

Visit Pittsburgh's off-ice penguins. / NATIONAL AVIARY

Choo choo train

1 Generations of Pittsburghers have grown up visiting the Carnegie Science Center (1 Allegheny Ave.) to see the miniature railroad and village, built in 1920. Kids can check out the hand-painted scenes of what life was like in small-town Pennsylvania from the 1880s to the 1930s (no need to point out they're getting a history lesson).

Hotel pick

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At 98 years old, the Omni William Penn lays claim to being the oldest hotel in Pittsburgh. It's also where President Obama and celebrities stay when they come to town.

For the birds

2 Fortunately, the birds haven't headed too far south: They're at the National Aviary (700 Arch St.). "Wings of Winter" features its feathery celebrities gliding to festive music. Don't miss the African penguins at Northside Pole.

Founding father

3 It's hard to overstate the impact industrialist Henry Clay Frick had on Pittsburgh. Each year, Frick and his family would return home to Clayton to celebrate Christmas. Tour Clayton (7227 Reynolds St.), decorated for the season, and visit the Frick Art Museum next door.

LAKSHMI GANDHI
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lakshmi.gandhi@metro.us

PLUS

Pop-up

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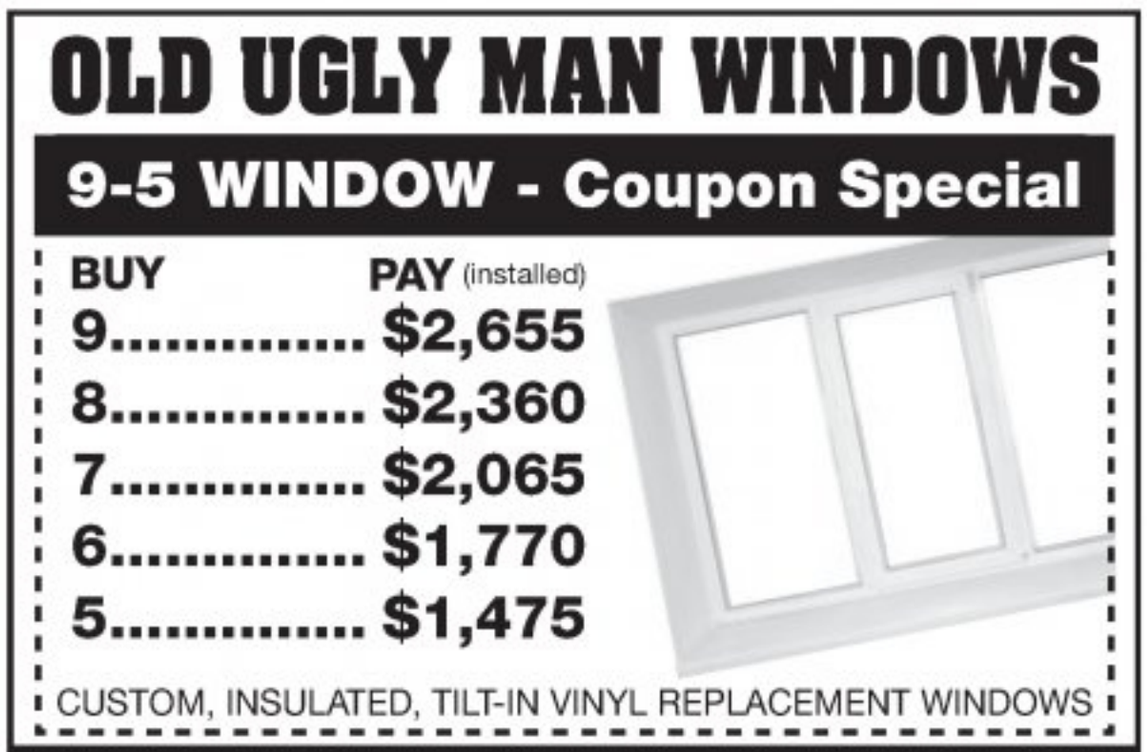
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‘Elf on the Shelf’ gets a new holiday twist

Christmas spirit. Founder Chanda Bell tells us how her brand continues to grow, plus the secret behind her million dollar idea.

More than 6 million people have purchased “The Elf on the Shelf,” which was co-created by Chanda Bell (inset). / ALL PHOTOS PROVIDED

If you’re a parent, you’ve heard of “The Elf on the Shelf.” Since its release in 2005, more than 6 million people have bought the box and plush toy set, which has inspired a TV special and a float in the Macy’s Thanksgiving Day Parade. Not too shabby for an idea sparked by a mother and her daughters. We talked with one of the founders, Chanda Bell, about the brand’s success, the newest product and how you can create your own million dollar idea.

From a family idea to a worldwide phenomenon

“It’s been completely overwhelming and it’s really an honor to see the ways families have embraced ‘The Elf on the Shelf,’” Bell says. “We do not take that lightly.” She adds that despite how much the brand has grown, their mission to help create traditions has remained the same. “We’re focused on creating family moments and everything must pass that [test],” she says.

Going digital

Kids can get tips for taking care of their “Elf Pets” using the “Elf Pet” app, which also has games. And if you’re looking for “The Elf on the Shelf” ideas, you can find tons using the app as well. It’s written in a way that it doesn’t expose any secrets, so it’s safe for your kids to read it. If apps aren’t your thing, you can sign up for a weekly e-newsletter that has simple ideas, or just head to the site, Elfontheshelf.com.

How to launch your own product idea

If you want to follow in Bell’s footsteps, she has two key pieces of advice: Be passionate and don’t overestimate your success. “Create success where you are,” she says. “It’s a good way to keep you out of debt. If you can’t sell to [the people around you], chances are the world won’t want it either.”

EMILY LAURENCE
@EmLaurence
emily.laurence@metro.us

Visit **Metro.us** for hilarious ‘Elf on the Shelf’ ideas your kids will love.

Just released

The latest addition

This holiday season, a new “Elf” product is hitting stores: “Elf Pets.” Unlike the traditional “Elf on the Shelf,” kids can hold and play with their “Elf Pet.” “The idea is that Santa is having trouble at the North Pole because his sleigh won’t fly due to a lack of Christmas spirit,” Bell explains. “Santa sees all these tiny reindeer that are the ‘Elf Pets’ who volunteer to help Santa. Every time a child loves or takes care of their reindeer, they’re building the Christmas spirit. The idea is that on Christmas Eve, kids have loved up their reindeer enough to make Santa’s sleigh fly and the reindeer will grow full-size and help pull the sleigh.”

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Horoscope

♐ Sagittarius | Nov. 22-Dec. 21. A friend asking for personal advice is likely to blame you for meddling if you make suggestions.

♑ Capricorn | Dec. 22-Jan. 20. You should stay active and in control if you want to take part in something special. New beginnings may tempt you, but they will end up disappointing.

♒ Aquarius | Jan. 21-Feb. 18. Consider your options. Assess your talents and focus on endeavors that would make good use of your skills. A part-time job will help pay expenses.

♓ Pisces | Feb. 19-March 20. You can find interesting companions if you attend activities. Involve yourself in a cause you care about.

♈ Aries | March 21-April 20. Attending professional functions will enable you to sharpen your people skills. Career advancement is likely if you show how responsible you can be.

♉ Taurus | April 21-May 21. This is not a good time to deal with government agencies or institutions. Your loved ones will have a lot to say if you invest without consulting them first.

♊ Gemini | May 22-June 20. Trying to please everyone will not help you get ahead. You shouldn't feel guilty about concentrating on your own priorities.

♋ Cancer | June 21-July 22. Don't take criticism or negative remarks to heart. Overreacting will turn out to be a waste of time.

♌ Leo | July 23-Aug. 22. Spend time with your mate or close family or friends. Your generosity will not go unnoticed, and your charisma will draw everyone to your side. Romance is in the stars.

♍ Virgo | Aug. 23-Sept. 22. You'll get along better with new acquaintances than you will with relatives today. Cultivate friendships.

♎ Libra | Sept. 23-Oct. 22. Uphold any commitment you've made to your employer, peers or family. Don't allow your emotions to overshadow what needs to be done.

♏ Scorpio | Oct. 23-Nov. 21. Financial gains are apparent. Look at your plans. Once you are satisfied with your strategy, you should present what you have to offer. EUGENIA LAST

Sudoku: Easy and hard

	1			7	6	3	5	
6								
2	3	4			9		7	
4				9			2	
			6	8	3			
	8			2				6
	4		7			5	1	2
								7
	2	7	4	6			3	

		2	8		5		9	
9			4			3		5
		5	9			4		
			1		6	2		8
				2				
7		1	5		9			
		6			4	1		
2		7			1			9
	4		2		8	5		

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Studies don't prove

Re: 'Mediterranean diet proven to help you live longer' (Metro, Dec. 8) Nonsense. An observational study can show an association at best. To prove that such a diet can lead to a longer life would require randomizing people to this diet or their regular one and observing them for a lifetime. Age at death is the important outcome, not telomere length, although that might correlate.
DAN KELLER, VIA EMAIL

Obama just can't win

Re: 'Poll: Race relations worse since Obama took office' (Metro, Dec. 8) A recent Bloomberg News poll and article suggests not only the deterioration of race relations since President Obama took office, but allude to the fault being that of the president himself. It is true that President Obama has not been proactive on the issue of race. He has addressed race officially approximately six times in 10 years, and each time in much the same way as his white presidential predecessors — cautiously and in reaction to some event. Had he avoided race completely, the fears of many of his black supporters would be confirmed: He isn't black enough. Talk about a no-win situation.
LARRY D. FOWLER, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

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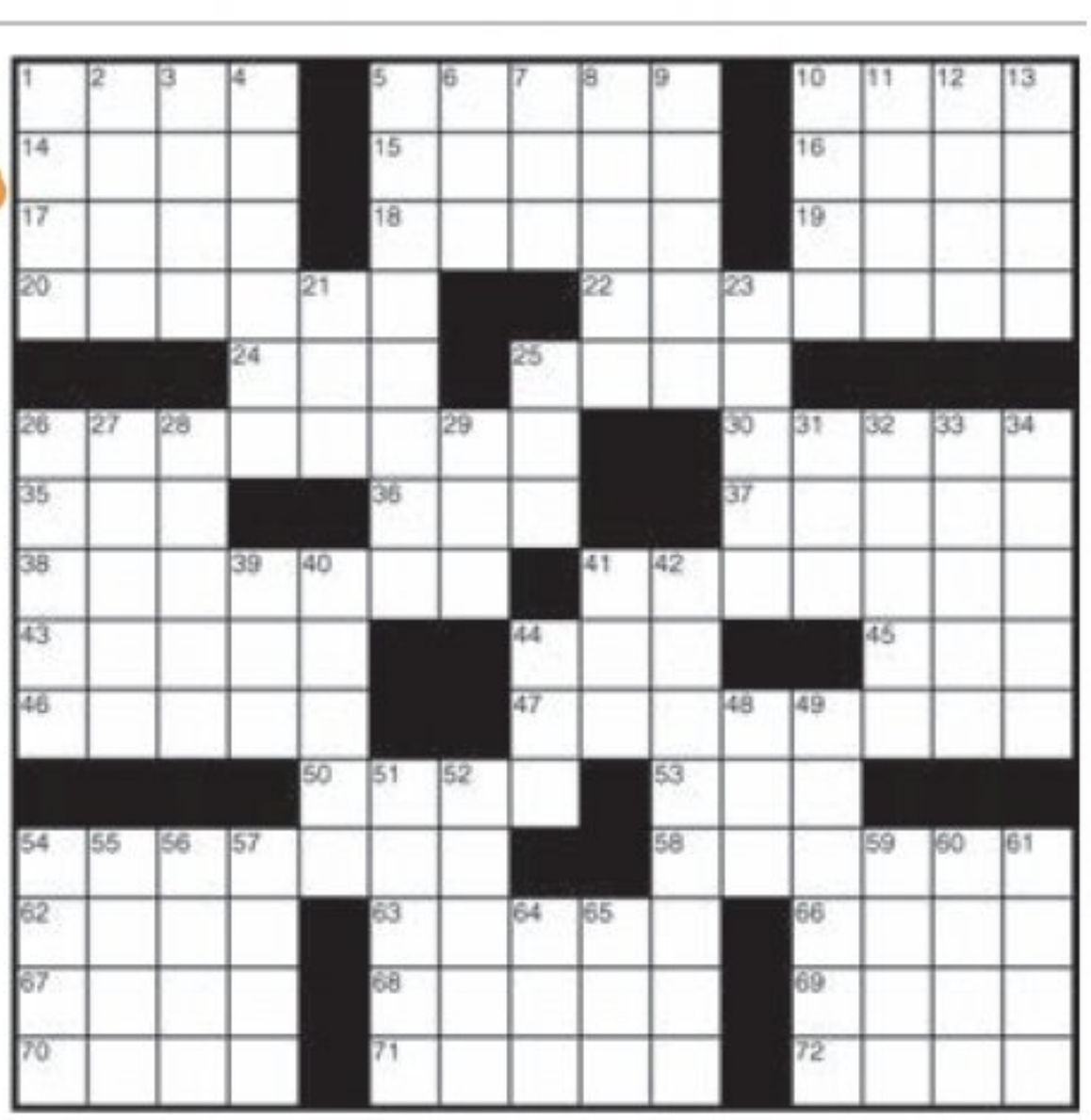
Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.

Crossword

Across
1 "Puppy Love" singer
5 Accordingly
10 Close, to a poet
14 Empty space
15 Tori Spelling's dad
16 On board ship
17 Four-letter word
18 Where Asia begins
19 Musical symbol
20 Rotates
22 Prove more durable
24 NBA official
25 Attracted
26 Practice
30 Orchard pest
35 Consume
36 Up in the —
37 Peace goddess
38 Make sense (2 wds.)
41 Not specific
43 Like a wolf's howl
44 Hither and —
45 Que. neighbor
46 Roomy vehicle
47 Contraptions
50 Zilch
53 007's — Fleming
54 Stylish beard (2 wds.)
58 Take a dive
62 Jacques' girl
63 Indian potentate
66 Axiom
67 Lineman's coup
68 Deliver a speech
69 Jeannie portrayer
70 You, formerly
71 More modern
72 Gainsay

Down
1 State positively
2 Beery or Webster
3 Wind catcher
4 Remain loyal
5 She's at home in Germany
6 Maize unit
7 D.C. gun lobby
8 Painter's choice
9 Happen next
10 Table salt
11 —Mujeres, Mexico
12 Turns right
13 Knife handle
21 Open meadow
23 Clemens alias
25 "— Rosenkavalier"
26 Crafty moves
27 First name in cosmetics
28 Listened
29 Drink slowly
31 Opposite of post-
32 Great blue —
33 Ludicrous
34 Shoulder muscles
39 KGB foe
40 Loggins or Rogers
41 — — few rounds
42 Put into code
44 Vocalist – Sumac
48 "2001" computer
49 Toughened
51 Ohio city
52 "The Wreck of the Mary —"
54 Immense
55 Calcutta nanny
56 Warm-hearted
57 Hockey feint
59 Rubens model
60 Secluded valley
61 —, meeny, miney, moe
64 Mandible
65 Downed a sub



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NBA power rankings | by James Toscano

No. 1

Warriors (17-2)

It's all gold in the Golden State right now as the Warriors have won 12 straight games. Home, road, it doesn't matter. The T-Wolves should seriously consider forfeiting Monday's game against them.

No. 2

Spurs (15-5)

Tim Duncan became the second-oldest player to record a triple-double in a win over Memphis on Friday. I won't take this team for granted again this year.

No. 3

Rockets (16-4)

The Rockets are 7-2 since Dwight Howard's knee injury, and it looks like they'll have to keep winning without him — the reports aren't good.

No. 4

Grizzlies (16-4)

Losses to the Rockets and Spurs knocked Memphis from the top spot, but they recovered nicely with a 103-87 win over the Heat.

No. 5

Blazers (16-4)

An article written after the Blazers beat the Knicks said NY fans would love LaMarcus Aldridge. Sure, but why the heck would he want New York?

No. 6

Raptors (15-5)

Toronto is 2-3 over its last five games, and just got roughed up by the Cavs at home. Not having DeMar DeRozan really hurts them.

No. 7

Mavs (16-6)

Last two losses have been by double-digits at home. That's a little strange, but this Mavs team sure knows how to score.

No. 8

Clippers (14-5)

It's about time the Clippers started playing ball the way they're capable. Seven straight wins for Doc Rivers' team as they climb back into contention.

No. 9

Cavaliers (11-7)

The Cavs have now won sixt straight. They get the Raptors again on Tuesday before heading to OKC on Thursday. Those will be fun games.

No. 10

Wizards (13-6)

Paul Pierce made his return trip to Boston on Sunday, but his team couldn't get him a win, despite a big fourth-quarter run.

No. 11

Suns (12-9)

What word could you use to describe the Suns offense? Balanced. Their top five scorers are only separated by 1.5 points apiece.

No. 12

Bulls (12-8)

Can't fault them for the losses to the Mavs and Warriors, but it does give you a little idea of where they are compared to the good teams out West.

Visit **Metro.us** to see our full NBA power rankings.

3 SPORTS

Last leg

Flyers wrap up road trip

The Flyers finish a five-game road trip Tuesday night in Columbus against the Blue Jackets. Philly is just 3-9-2 on the road this season, and that includes Saturday's 2-1 win over the Kings in L.A. Columbus is one of two teams in the Metro Division that the Flyers lead in the standings.

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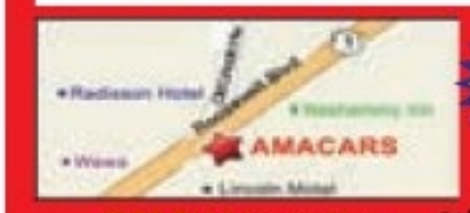

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EAGLES' CURRENT ROSTER WON'T CONTEND FOR TITLE

The Eagles didn't win a football game on Sunday, but they did learn a great deal about themselves. Above all, the Birds are not ready to end their 54-year championship drought. We all know that now.

We also have a much better idea of which players on the current roster deserve to remain in Philadelphia as coach Chip Kelly weeds out the weak and the stupid. If the Seattle Seahawks proved anything during their 24-14 win, it is that there's no room for underachievers on a champion.

At the top of Kelly's list of players who'll not deliver a parade is Mark Sanchez, the likeable quarterback whose heart is bigger than his talent. The coach made a stunning admission with four minutes left when he punted rather than try a desperation fourth-and-11 play.

"I didn't think we could make the first down," Kelly said on my WIP radio show.

In other words, he didn't have enough confidence in his quarterback to execute a big play against a great defense — something that ultimately is required of the offensive leader on every Super Bowl champion. Sanchez will not be the starter when the Eagles win the Lombardi Trophy.

And neither will LeSean McCoy. There are still some holdouts who believe McCoy is the same elite runner he was last year, but the number of his supporters is dwindling by the week. In his biggest test of the season with a healthy offensive line, McCoy averaged 2.9 yards per carry and added a costly fumble. He is past his prime.

Riley Cooper is going to win nothing here, either. He ranks 66th in catches among wide receivers and 81st in yards. Twice in the past two weeks, he has not exerted maximum effort on balls that were intercepted. He is no bargain in the locker room, either. He openly blamed Sanchez for the turnover Sunday.

On defense, the list of underperformers begins with Bradley Fletcher, the cornerback who belongs in a burn center for all the times receivers have roasted him this season. The 44-yard pass-interference penalty against him Sunday was only the latest in an endless series of bad plays and dumb decisions.

Trent Cole will not be here either; he's too busy jumping offside in key moments.

What the Eagles have right now is an inventive coach, world-class special teams, some excellent playmakers, a powerful defensive line and two terrific linebackers. They need more star players — more performers like those who were wearing the other team's uniforms Sunday.

Sanchez ran the Eagles' offense ineffectively Sunday. / GETTY IMAGES

Cataldi's final thought

"The Eagles should send the Seattle a thank-you card for Sunday's lesson. At least now everybody knows who belongs here, and who doesn't."

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Cataldi's Idle thoughts

- The NFL scheduled the Bill Vinovich crew to work the Eagles-Seahawks game Sunday. Seattle is 6-1 when he's the ref. The Eagles are 1-5. Hey, there's no way the league realized a Seattle win would create more drama the next two weeks on Sunday Night Football. Is there?

- Through the first 18 games, 76ers TV ratings plummeted to a .9 rating, which represents 26,000 households a game — one third of last year's audience. Reruns of SpongeBob Squarepants are getting higher numbers in Philadelphia.

- Ex-Phillie Jayson Werth faces 10 days in jail for driving 50 mph over the speed limit. His mountain-man look and arrogant attitude should be a big hit in the slammer. If there's any real justice, his cellmate will be one of those Phillies fans he flipped off last season.

- Phillies closer Jonathan Papelbon put his Rittenhouse Square condo on the market for $6.9 million last week. It's a safe bet he'll have an easier time unloading the apartment than the Phillies will have unloading him.

- The Phillies are mishandling the sensitive situation involving president Dave Montgomery and his ongoing battle with cancer. Their statement last week that "there has been no determination made" about Montgomery's post-recovery role was insulting. It's time to admit the truth.

LeSean McCoy's fumble in the third quarter was the beginning of the end for the Eagles Sunday. / GETTY IMAGES

Eagles' fast-paced offense takes leave of absence Sunday

NFL. The Birds' 139 yards of offense was the worst output for any Chip Kelly team, college or pro.

It isn't supposed to happen with a Chip Kelly offense. But by looking at the stats from the Eagles' 24-14 loss to the Seahawks Sunday, it's hard to deny there was a serious problem with the Birds' offensive attack.

The Eagles are a team known for running plays at a break-neck pace — but Philadelphia ran just 45 offensive plays in a putrid 18:04 with the ball. Was it the Seahawks defense? Or was it the Eagles' offense?

"I think that a lot of that had to do with us not executing," LeSean McCoy, who rushed for just 50 yards on 17 carries, said. "Just every part, from runs to pass protection."

The Eagles managed just nine first downs and really didn't sustain an offensive drive in the game. Their lack of potency moving the ball didn't challenge the Seattle defense much.

"When you get a first down, then you can start the pace," McCoy said, "and then you can start the no huddles, the fast pace. It's hard when you get three-and-outs, it's hard to really get it going. You don't start the drive off with the tempo. So to say that they did well against it is hard to say because we didn't really get going to start the tempo and wear them out and get them tired."

The Seattle defense didn't show much respect for Philly's typically dynamic offense. Seahawks defensive end Michael Bennett told a USA Today reporter, "Tell the Philadelphia police to put an APB out, Sanchez is trying to impersonate a good quarterback."

"We never felt threatened," Seattle cornerback Richard Sherman said.

Quoted

"I think we're right up there with them. ... I think we're better than what we displayed today, but they were better than us today." Jeremy Maclin

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TIME: 10:00 AM

Cubina Phillips Room# 0079, Clifford Webb Room# 3001, Linda Douglas Room# 1044, Lori Desimone Room# 2061, Gilda Dickson Room# 0027, Sikeema Wright Room# 0097, Kenesha Veney Room# 4015, Kensesha Veney Room# 2007, John Doe Room# 2063, Susan Han Room# 3014, Venicka Huff Room# 1019-51, Venicka Huff Room# 1018, Kenesha Veney Room# 1052, Kenesha Veney Room# 1045, Robert Jackson Room# 1051B, Marvin Cotten Room# 2021, Aubrey Harrell Room# 2076, Marjorie Cassidy Room# 0025, Nathifah Bonner Room# 2036, Sharona Council Room# 0064, Donte Scott Room# 3018

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AUCTION DATE: 12/11/2014
TIME 1:00 PM

Dora Payne Room# 1414, Tracey Cobb Room# 1139, Michael Rayack Room# 1260, Steven Sacchi Room# 1111, James Romig Room# 1258, Keisha Reeder Room# 1245, Shakera Jones Room# 1632, Kristina Kerner Room# 1133, Donna Martin Room# 1321, Francis Wilson Room# 1042, Alissa Fischer Room# 1502, Francis Martini Room# 1018, Patricia Buck Room# 1257, Ashligh Forester Room# 1634, Stephanie Habte Room# 1114, John Steal Room# 1164, Dwayne Snelling Jr Room# 1148, John Cromwell IV Room# 2015, Richard Green Sr Room# 1276, Joan Nocito Room# 1251, Michelle Tyler Room# 1112, Anthony Johnson Room# 1203

Purchase must be made with cash along with a refundable deposit and paid in full at time of purchase. All goods are sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Seller reserves the right to set a minimum bid.

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NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice is hereby given that the undersigned will sell, to satisfy lien of the owner, by public internet sale via www.StorageBattles.com for competitive bidding to begin on **January 1, 2015** and conclude **January 6, 2015 at 2:00 pm** via Compass Self Storage located at: **1300 Belmont Ave Philadelphia, PA 19104**

2144 - Francis Alphonso, 3089 - Anthony Desantolo, 3092 - Charles Goods, 4004 - Robin Jones, 6021 - Peoples Aaron, 6034 - Martin Bree, 6052 - Donita Denise Bagner, 6053 - Bruno Merone, 7010 - Alverita Spain, C02 - McCullen Irvin, D14 - Leonard Dante, D22 - Susan Martino, D23 - Bruno Merone, F19 - William Wright

The personal goods stored therein by the following may include, but are not limited to general household, furniture, boxes, clothes, and appliances.
Purchases must be made with cash only and paid at the time of sale. All goods are sold as is and must be removed at the time of purchase. Compass Self Storage reserves the right to refuse any bid. Sale is subject to adjournment.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice is hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **12/19/14 at 1PM** at the Safeguard Self Storage facility located at **3300 Frankford Ave, Philadelphia, PA 19134.** The personal goods stored in the following units by the following tenant(s):

safeguard self storage

1405 Mitchell Neif, 2416 Kimberly Ann Hojnowski, 3407 Manuel Sanchez, 3413 Noel Serrano

Purchases must be made with cash only and paid in full at the time of sale. All goods are sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage, Inc.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice is hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **12/19/2014 @ 11AM** at the Safeguard Self Storage facility located at **1221 N. Broad Street, Philadelphia, PA 19122.** The personal goods stored in the following units by the following tenant(s):

safeguard self storage

0507 Andrew Ennenmadu • 4409 Donald Mathis • 3312 Tiffany Armstead • 2105 Xavier Booker • 0116 Tausha Williams 0403 Nathaniel D Jackson • 2501 Anthony Crawford • 2514 Abdulah Habib N Alshammari • 2401 Arnold Bryant 4701 Thomas Evelyn • 0332 Antonio Perry • 3119 Marsha Branch • 3402 Michelle Graham • 4318 Angela Soto

Purchases must be made with cash only and paid in full at the time of sale. All goods are sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage, Inc.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **12/19/14 at 12PM** at the Safeguard Self Storage facility located at **830 E. Hunting Park Ave, Philadelphia, PA 19124.** The personal goods stored in the following space numbers by the following tenant(s):

safeguard self storage

#1208-Melvin Colon Jr • #2129-Delmira Cruz • #2432-Natasha Jackson #3211-Maranetta L Marshall • #3108-Brenda Martinez • #3117-Silvya Ortega #2208-Delphine Reese • #2436-Sharnell Saunders • #3504-Tracie Sweat #2119-Cleopatra Taggart • #3315-Nicolette Toledo • #3704-Veretta D Toney

Purchases must be made with cash only and paid in full at the time of sale. All goods are sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage Management, Inc.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **12/19/14 at 2PM** at the Safeguard Self Storage facility located at **6371 Keystone Street, Philadelphia, PA 19135.** The personal goods stored in the following space numbers by the following tenant(s):

safeguard self storage

0207 Brian Fox • 0404 Mary Murphy • 2213 Stephanie Uwanawich 2401 Briana Taylor • 2402 Patricia Forman • 2612 Louie Almero Jr.

Purchases must be made with cash only and paid at the time of sale. All goods are Sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage Management, Inc.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **December 19, 2014 @ 10am** at the Safeguard Self Storage facility located at 6224 Germantown Avenue Phila. PA 19144. The personal goods stored in the following space numbers by the following tenant(s):

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#0124 - Ranell Rich, #0127 - Sharna Bryant, #0129 - Ervin Hellams Sr., #0419 - Christea Evans, #0606 - Terrell Mason, #2128 - Erica Taylor, #2154 - Haines Street Baptist Church/Casey Jaminson Sr., #2318 - Kadedra Harriston, #2406 - Denise Ransom, #2424 - Veronica Eli, #2425 - Veronica Eli

Purchases must be made with cash only and paid at the time of sale. All goods are Sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage Management, Inc.

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

Notice to hereby given that the undersigned will sell to satisfy the lien of the landlord, at public sale, by competitive bidding on **DECEMBER 19, 2014 @ 9:00AM** at the Safeguard Self Storage facility located at 1499 66TH Avenue Phila, PA 19126. The personal goods stored in the following space numbers by the following tenant(s):

safeguard self storage

 # 1224 Kareena Nesmith, # 1307 Sandra Lee, # 2108 Charmaine Smith, # 2126 Alfred Sykes, # 2219 Terray Morel, # 2241 Twana Reed, # 2403 Teneka Peskell, # 2502 Sherelle Stowell, # 2507 Rochelle Robinson, # 3000 Theresa Fergusen, # 3063 Shivonne Richardson, # 3215 Hosea Sprowell, # 3313 Reginald Boatright, # 3420 Tara Green

Purchases must be made with cash only and paid at the time of sale. All goods are Sold as is and must be removed at the time of purchase. Sale is subject to adjournment. Safeguard Self Storage, Inc.

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General Help Wanted

Legal Notices

NONPROFIT CORPORATION CHARTER NOTICE IS HEREBY GIVEN that an application will be made to the Department of State of the Commonwealth of Pennsylvania, at Harrisburg, PA., on or after November 3, 2014, for the purpose of obtaining a charter of a proposed nonprofit corporation to be organized under the 1988 Nonprofit Corporation Law of the Commonwealth of Pennsylvania, effective October 1, 1989, as amended. The name of the corporation is: Delaware Valley Girls Track Coaches Association The purpose for which it is to be organized are: Scholastic Athletic Organization

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